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# **M.P.C.E.-23**

## **Interventions in Counselling**

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*By: Dammini Ssethi*



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**Sample Preview  
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# QUESTION PAPER

June – 2023

(Solved)

## INTERVENTIONS IN COUNSELLING

M.P.C.E.-23

Time: 2 Hours ]

[ Maximum Marks : 50

Note: All Sections are compulsory.

### Section–A

Note : Answer any two of the following questions:

**Q. 1. Describe the symptoms and causes of Attention Deficit Hyperactivity Disorder (ADHD). Explain the techniques for helping children with ADHD.**

Ans. Ref.: See Chapter-4, Page No. 40, 'Attention Deficit Hyperactivity Disorder (ADHD)'.

**Q. 2. Explain the terms group guidance, group counselling and group therapy. Describe the characteristics of group and types of groups in counselling.**

Ans. Ref.: See Chapter-11, Page No. 114, Q. No. 1, Q. No. 2, Page No. 115, Q. No. 3, Q. No. 5.

**Q. 3. Describe the self instructional technique and self management technique under cognitive behaviour modification.**

Ans. Ref.: See Chapter-7, Page No. 75, 'Self Instructional Technique', 'Self Management Technique'.

**Q. 4. Explain the techniques of behaviour modification.**

Ans. Ref.: See Chapter-5, Page No. 55, 'Introduction to Behaviour Modification'.

### Section–B

Note: Answer any four of the following questions:

**Q. 5. Explain the advantages and disadvantages of eclectic counselling.**

Ans. Ref.: See Chapter-12, Page No. 123, Q. No. 4.

**Q. 6. Explain the PLISSIT model of counselling for helping with sexual difficulties.**

Ans. Ref.: See Chapter-10, Page No. 106, 'Other Important Question', Q. No. 1.

**Q. 7. Explain the meaning of solution focused counselling and highlight its potentials and limitations.**

Ans. Ref.: See Chapter-8, Page No. 84, Q. No. 1, Page No. 83, 'Potentials and Limitations of Solution Focused Counselling'.

**Q. 8. Describe the application of counselling in clinical setting.**

Ans. Ref.: See Chapter-6, Page No. 70, 'Clinical Setting', Page No. 71, Q. No. 4.

**Q. 9. Explain e-counselling and highlight its benefits and challenges.**

Ans. Ref.: See Chapter-15, Page No. 146, Q. No. 4.

### Section–C

Note: Write short notes on any two of the following:

**Q. 10. Causes of ASD.**

Ans. Ref.: See Chapter-4, Page No. 49, Q. No. 24.

**Q. 11. Meaning of existential therapy.**

Ans. Ref.: See Chapter-2, Page No. 11, 'Existential Theory'.

**Q. 12. Definition of eclecticism.**

Ans. Ref.: See Chapter-12, Page No. 118, 'Definition of Eclecticism'.



# QUESTION PAPER

December – 2022

(Solved)

## INTERVENTIONS IN COUNSELLING

M.P.C.E.-23

Time: 2 Hours ]

[ Maximum Marks : 50

Note: All Sections are compulsory.

### Section–A

Note : Answer any two of the following questions:

**Q. 1. Describe the characteristics and causes of learning disability. Explain the techniques for helping children with learning disability.**

**Ans. Ref.:** See Chapter-4, Page No. 39, 'Learning Disability (LD)'.

**Q. 2. Explain interpersonal counselling and describe its stages.**

**Ans. Ref.:** See Chapter-3, Page No. 26, 'Interpersonal Counselling', Page No. 27, 'Stages of Interpersonal Counselling'.

**Q. 3. Describe the various stages in couple counselling.**

**Ans. Ref.:** See Chapter-10, Page No. 101, 'Stages in Couple Counselling'.

**Q. 4. Explain the key assumptions and procedure of solution focused counselling.**

**Ans. Ref.:** See Chapter-8, Page No. 87, Q. No. 1 and Q. No. 2.

### Section–B

Note: Answer any four of the following questions:

**Q. 5. Explain the three pathways of integrative approach in counselling.**

**Ans. Ref.:** See Chapter-12, Page No. 118, 'Pathways of Integrative Approach in Counselling Practice'.

**Q. 6. Discuss the object relation theory.**

**Ans. Ref.:** See Chapter-10, Page No. 100, 'Object Relation Therapy'.

**Q. 7. Explain stress inoculation technique.**

**Ans. Ref.:** See Chapter-7, Page No. 75, 'Stress Inoculation Technique (SIT)', Page No. 77, Q. No. 3.

**Q. 8. Explain the meaning and steps in cognitive therapy.**

**Ans. Ref.:** See Chapter-5, Page No. 56, 'Introduction to Cognitive Approach'.

**Q. 9. Discuss the ethical issues in counselling research.**

**Ans. Ref.:** See Chapter-16, Page No. 155, Q. No. 5.

### Section–C

Note: Write short notes on any two of the following:

**Q. 10. The fully functioning person.**

**Ans. Ref.:** See Chapter-7, Page No. 92, 'The Fully Functioning Person (From Ryckman, 2004)'.

**Q. 11. Meaning of brief therapies.**

**Ans. Ref.:** See Chapter-2, Page No. 19, Q. No. 14.

**Q. 12. Psychodrama.**

**Ans. Ref.:** See Chapter-12, Page No. 119, 'Psychodrama'.



# Sample Preview of The Chapter

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# INTERVENTIONS IN COUNSELLING

## Psychoanalysis Psychodynamic Counselling

1

### INTRODUCTION

Psychodynamic therapy or Psychoanalysis Therapy is a therapeutic approach which brings the patient to surface their true feelings which can experience them and understand them. It uses the assumption that everyone's subconscious mind contains feelings which are painful. This therapy assumes that these defences have gone wrong hence causing more harm and require help. It is assumed that once you get to know what is going on in your mind the feelings will not be as painful. Psychodynamic believes that our past affects our present. The ones who forget history are destined to repeat it. The theory is that 'Id' never forgets the experiences.

### CHAPTER AT A GLANCE

#### PSYCHODYNAMIC/PSYCHOANALYSIS

##### Freud and Psychoanalysis

Sigmund Freud was an influential viennese neurologist and a famous writer of the 20th century. He started his practice when few effective clinical forms of treatment were available in the field of medicine. For hysteria, the presence of physical problems in the absence of any physical causes, Freud used his hypnosis to his hysteria patients who lost their symptoms. Freud developed his method of psychoanalysis to recapture forgotten memories without the use of hypnosis.

##### Freud's Theory of Personality

The principle of psychic determinism implies that all behaviour, muscular movement, thought etc. is caused by prior mental events. One's private psychic life and outside world determine all aspects of an individual's life. Freud sought to make changes in unwanted behaviour by identifying and eliminating its psychic determinants. He believed that mental events like thoughts are different with the ease with which they come to the awareness of the individuals. Like mental contents brought to awareness only with great difficulty are the unconscious. Freud asserted that

thoughts and fantasies seemed to go underground but they come out at the conscious level. The level of intra psychic conflict determined our awareness of some specific mental events. For example, intra psychic events can be seen when a young boy wants to replace his father in relation to his mother but feels respect and love for his father. The higher degree of intra psychic conflict results in the connection with the unconscious.

He believed that human behaviour is determined by unconscious motives. Our personality and actions are determined by our feelings and thoughts presented unconsciously. Psychodynamics or dynamic psychology is the study of interrelationship of mind, personality, because they are related to mental, emotional, motivational forces at the unconscious level. The mental forces are divided into two parts:

**(a) Interaction of Emotional Forces:** The interaction of the emotional and motivational forces affect behaviour and mental states on a subconscious level.

**(b) Inner Forces Affecting Behaviour:** It is the study of the emotional and motivational forces which affect behaviour and state of mind.

##### Origins of Psychodynamics

It was originally developed by Sigmund Freud. He suggested that psychological processes generate psychological energy in a complex brain and set up psychodynamics which he referred to as the libido. Psychodynamics studies the transformation and exchanges of psychic energy within the personality.

##### History of Psychodynamics

It was initially developed by Sigmund Freud, Carl Jung, Alfred Adler and Melanie Klien. In 1988 the book, 'Introduction to psychodynamics—a New Synthesis', a psychiatrist Mardi J. Horowitz wrote that his interest with psychodynamic started in the 1950. He explained neurotic behaviour and unconscious mental processes and psychodynamics with daily life. An American psychiatrist, Eric Berne built on Freud's



psychodynamic model to develop a psychology of human interactions called transactional analysis.

#### MEANING OF PSYCHODYNAMICS

1. Motivational forces act at the unconscious level.
2. The psychology of mental or emotional forces develop in early childhood and effects on behaviour and mental stress.
3. Explanation or interpretation of behaviour or mental stress in terms of mental or emotional forces or processes.
4. Psychodynamics is the systematic study and theory of the psychological forces which study human behaviour, focusing on the interplay between unconscious and conscious motivation.

#### Definition of Psychodynamics

In 1954, the American psychologist Calvin S. Hall, he defined psychodynamics in Primer in Freudian psychology as 'A dynamic psychology is a study of transformations and exchanges of energy within the personality.' In the 1930s, Freud's daughter Anna Freud applied Freud's psychodynamics theories of the ego to study parent-child attachment and deprivation and finally developed ego psychology.

#### Freud Psychodynamics

In the words of Freud, the ego battles with three forces- the id, the superego, and the outside world. He used the German word 'Id' which can be translated into English as either instinct or drive.

#### Jungian Psychodynamics

Carl Jung in his book, 'Psychology of dementia praecox' he supported Freudian psychodynamic points. His contribution in psychodynamics psychology includes- the psyche works towards wholeness. The self has the ego, the collective unconscious, the personal conscious and the archetypes.

#### Meaning of Psychodynamic Counselling

It is based on acceptance, empathy and understanding which lay focus on developing a good working alliance which builds trust. The counsellor focuses on the events of the real world including social life, impact of trauma etc. it also focuses on the influence of past experiences on the development of present behaviour through unconscious processes.

#### Meaning of Psychodynamic Theory

It is derived from psychoanalysis and based on Freud's ideas about psychosexual development, defence mechanisms. This therapy may be used in the treatment of unresolved conflicts in early life, non-psychotic and personality disorder. This theory is based on human behaviour and relationships shaped

by conscious and unconscious influences. It treats depressed people by resolving the patient's conflicted feelings.

#### Psychological Counselling

Counselling is given at many levels such as parents counselling their children, lawyers to clients, teachers to their students, family setup etc. problems are endless and counselling can be given to the people. Counselling is the main guidance program which is the most intimate and vital part.

#### Definition of Professional Counselling

Pepinsky and Pepinsky say that a counselling relationship means an interaction between two individuals known as the counsellor and the client, happens within a professional setting and it is initiated and maintained as a meaning of facilitating changes in the behaviour of the client. The counselling relationship takes place from the interaction between two individuals where one is the professional who is a trained worker and the next one is who wants his services. The two individuals involved in counselling should have mutual respect, should be friendly and co-operative and the counselee should have trust and confidence in the counsellor.

The counsellor aims to help students to come up with a decision, to find direction, plan a career, etc., the counselee gains independence and develops a feeling of responsibility and explores and utilises his potential. Counselling is more than giving advice. It functions to produce changes in the individual so that he can come out of his problems immediately. It concerns itself with attitude and action. Counselling requires intellectual and emotional attitude.

#### Counselling and Psychotherapy

**Differences between Psychotherapy and Counselling:** Psychotherapy is based on Freudian psycho-dynamics. The training is long and working involves real clients under supervision. The counselling courses are short and less intensive. Psychotherapy demands a long period of self analysis. Psychotherapy focuses on past issues. Counselling courses are short, cheaper, inclusive and easily accessible. It can be easily accessible to working mothers, part time workers etc. Psychotherapy works in depth that counselling. Clients see their therapist often and for a long period of time. But counselling takes place for a short period of time.

**Similarities between Psychotherapy and Counselling:** These both allow the person to create resources to live in healthy, satisfying and meaningful ways and develop self awareness. Both psychotherapy and counselling provide a high degree of respect for the autonomy of the client. They include clear contrast

between a therapist and a client. They require a therapist with highly developed skills. The psychotherapist uses counselling as a treatment technique. Psychotherapy focuses on neurotic behaviour of an individual. It deals with repressed individuals but counselling is related to normal anxieties. Counselling requires techniques which can be employed in educational institutions and individual establishments.

#### Classification of Counselling

Counselling is classified according to the nature of the problem, complexity of treatment and the competence of the counsellor. Lloyd Jones and Smith explains counselling which deals with the depth of the problem, duration of contact, degree of need and the skill of the counsellor. The counselling given to the student when asked at the ground level, may be casual, brief and superficial. The counselling at the next level requires prolonged contact. It is because the counsellee needs complicated information. More complicated the problem, the more intensive study is required. And more specialised help is needed. Williamson suggests that counselling is required for helping individuals to gain understanding of their emotional conflicts and helping them with problems growing from lack of information. It will help them to arrange future adjustments with minimum of maladaptive repressions.

#### Goals of Counselling

They are classified in terms of counsellor goals and the client goals etc., of therapy. All the meaningful activities must be goal driven, should have an aim, seek an objective. Goals can be classified into following categories. Development goals where client is advised in meeting his/her human growth and development.

#### Principles of Counselling

Trust, confidence and openness build relationships between the counsellor and counselling. The counsellor helps the client to find his/her potential.

**Respect:** The important principle where the counsellor must respect the client and his/her concern, respect and understanding.

**Transparency and understanding in communication:** The counsellor must be transparent and should keep quiet while thinking the opposite. The counsellor should understand whatever is told by the client with genuine interest and concern.

**Knowing the counsellor understanding him from his situation:** The counsellor should know the client completely like during interviewing the client, should view his/her problem from the situation that the client faces.

**Availability:** The counsellor should not skip the appointment after giving a particular time to the client.

But if there is an emergency and the appointment cannot be kept then the counsellor must inform the client in advance and apologise to the client.

**Privacy:** The information shared by the client must be kept secret. It should not be shared with anyone without his/her permission.

**Positive approach and recognising client's potentially:** The counsellor should show the attitude of positive approach towards the client, his/her problems and should focus on the potentials of the clients.

#### Steps in Counselling

Counselling process is the transition of theories into action. It has steps of interaction. Hackney and Comier identified the stages as-relation establishment, planning for problem solving, problem identification and exploration and solution application and termination.

#### THE SITUATION IN WHICH COUNSELLING IS REQUIRED

The counselling is needed when:

1. The student needs reliable and interested information on his own personal problems.
2. The counsellor has access to facilities for helping a student for giving him/her the solution.
3. The student needs a wise, sympathetic listener with good experience. And to the one whom he/she can trust to share his/her difficulties. Then he can have suggestions on his/her problems.
4. The student doesn't know that he has a particular problem and must have a consciousness of that problem for a good solution.
5. The student is aware of his problem and the stress they are causing him but is unable to define and understand it and unable to cope with it independently.

#### SELF-ASSESSMENT QUESTIONS

**Q. 1. Psychodynamic counselling places more emphasis on the ..... on the development of current behaviour.**

**Ans.** Influence of past experiences.

**Q. 2. Counsellor's goal is to establish a ..... and ..... relationship.**

**Ans.** Friendly, Cooperative.

**Q. 3. Problem identification is the main purpose of counselling (True/False).**

**Ans.** True.

**Q. 4. Psychodynamic is a part of psychoanalysis (True/False).**

**Ans.** True.

**UNIT END QUESTIONS**

**Q. 1. When or under what circumstances would you encourage a friend to seek counselling?**

**Ans.** Counselling works at all ages from childhood through to old age, focusing on “developmental, environmental and cultural perspectives.” The counselling is necessarily required in the circumstances such as issues and concerns in education and career, decisions regarding work, and retirement transitions, marital and family relationship difficulties, managing stressful life events, coping with ill health and physical disability, mental disorders, current difficulties with getting along with people in general etc.

Some of the other symptoms when one seeks to get counselling are uncontrollable sadness, anger, or hopelessness which may be the signs of mental health issues. These symptoms can be improved with treatment. The eating habits can predict one’s mental health such as If a person is eating or sleeping more or less than usual, he/she is withdrawing from family and friends etc. The escalation of these feelings can make the person think if his/her life is worth living or he has thoughts of death or suicide, reach out for help right away. If one is under the influence of drugs, alcohol, food, or sex then the person feels unable to control these behaviours or can’t stop despite negative consequences in his/her life, he may be struggling with addictive or compulsive behaviour that requires treatment.

Grief can be a long and difficult process to come out of it without the support of an expert. One should not feel ashamed to ask for help to come of the grief of losing someone close, special, significant etc. the loss may be the death of a loved one, a divorce, or significant breakup, or the loss of a job etc. If the person was abused, neglected or had gone through any kind of trauma and he/she fully dealt with, or if the person is the victim of a crime or accident, chronic illness, or some other traumatic event, it is advisable to seek counselling as early as possible for good mental health.

Many people find that painful emotions and experiences do not allow the person to have fun, go social, etc. This suggests that someone is missing living his/her life to the fullest. Severe mental illness may require more intensive intervention, most people benefit from short-term, goal-oriented therapy to address a specific issue or interpersonal conflict etc. The counselling is the best opportunity to talk uncensored to an unbiased professional without fear of judgement can be life-changing.

**Q. 2. What are the basic elements of Psychoanalysis?**

**Ans.** Psychoanalysis treats mental disorders with psychoanalytic theory, which focuses on unconscious mental processes and is often known as depth psychology. The psychoanalytic movement originated in the clinical observations and formulated by Austrian psychiatrist Sigmund Freud and gave the term psychoanalysis. In the 1890s, Freud worked with Austrian physician and physiologist Josef Breuer in studies of neurotic patients under hypnosis. They came to the result that, when the past events of patients’ generated ideas and impulses were brought into consciousness during hypnosis, the patients showed improvement.

They observed that most patients talked freely without being under hypnosis. After this Freud came up with the technique of free association of ideas. The patient was encouraged to say whatever came to mind. But it is sometimes seen that the patients sometimes had difficulty in making free associations. Freud concluded that either specific painful experiences were repressed, or held back from conscious awareness. Freud observed that most of the events were concerned with disturbing sexual experiences. He found that anxiety was a result of the repressed energy i.e libido; is attached to sexuality. This repressed energy served as psychological defence mechanisms. Freud suggested that the patient’s emotional attachment to the analyst is a transference of the patient’s relationship to parents or important figures.

Freud held that those free feelings, unconsciously expressed to the analyst, encouraged the patient to make free associations. The analyst treats these responses and the resistances and brings the patient to learn the origin of those feelings. Freud concluded that the analysis of the transference and the patient’s resistance to its analysis were the main elements of psychoanalytic therapy. Both cognitive and emotional behaviour takes place outside of a person’s conscious awareness.

Psychoanalysts are interested in the dynamic unconscious where thoughts and feelings are composed and are kept out of consciousness by the action of defences. These thoughts and feelings can make them anxious or self-censure when they become conscious. Fantasies make powerful effects on a person’s behaviour, attitudes, and experiences. These fantasies are rooted in the past which described wishful relationships of the self to others.

The dynamic unconscious cannot be directly apprehended. Psychoanalysts come up with their